

Depression Therapy Journal



This Book Belongs To

Abundance Tracker

Health

I am Grateful for

I Intend to Manifest

I Will Celebrate My Abundance by

Abundance Tracker

Money

I am Grateful for

I Intend to Manifest

I Will Celebrate My Abundance by

Abundance Tracker

I am Grateful for

I Intend to Manifest

I Will Celebrate My Abundance by

Sleep Tracker

[illegible]

Self Care Log

Week:

Self Care Tasks	Mon	Tue	Wed	Thu	Fri	Sat	Sun

Notes

Habit Tracker

Week:

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun

Notes

Appointments

PLACE:

DATE:

DOCTOR:

APPOINTMENT PURPOSE:

QUESTIONS TO ASK

☐

☐

☐

DOCTOR NOTES

.....

.....

.....

.....

.....

AFTER APPOINTMENT TO-DO LIST

☐

☐

☐

☐

☐

☐

Medication Tracker

[illegible]

Medication Log

[illegible]

Medication

Activity:

Duration:

[illegible]

Gratitude Journal

Date:

Journal page with horizontal dotted lines for writing.

My Manifestations

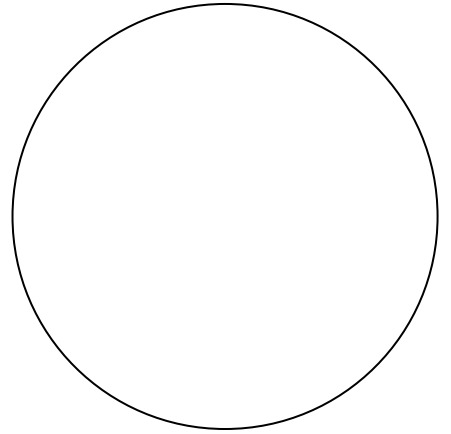
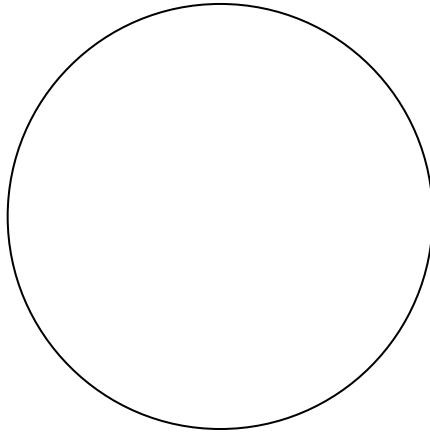
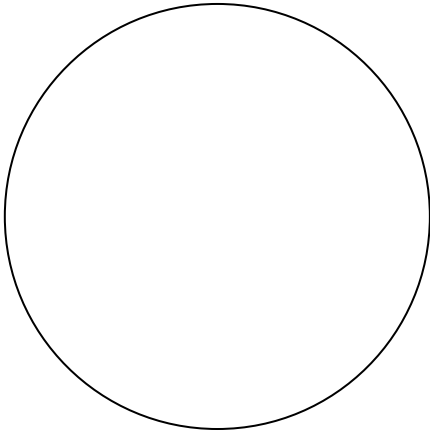
[illegible]

My Manifestations



Inspirations

Positive Affirmations



My Positive Affirmation Statement

☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Goal Planner

Start Date:

End Date:

My Goal

Affirmation

Action Plans

☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

REFRAME My Thoughts

Negative Thought

Positive Thought

Negative Thought

Positive Thought

Negative Thought

Positive Thought

Negative Thought

Positive Thought

Behavior Tracker

Week:

Behavior Tasks	Mon	Tue	Wed	Thu	Fri	Sat	Sun

Notes

Daily Planner

Date:

Daily Affirmation		I am Grateful For	
Schedule		Top 3 Tasks	
6 AM			
7 AM			
8 AM			
9 AM			
10 AM			
11 AM			
12 PM			
1 PM			
2 PM			
3 PM			
4 PM			
5 PM			
6 PM			
7 PM			

Current Situation

Date:

My Current Situation

Concerns About My Current Situation

Things I am grateful for Despite My Situation

What Is My Desired Outcome

Activities Tracker

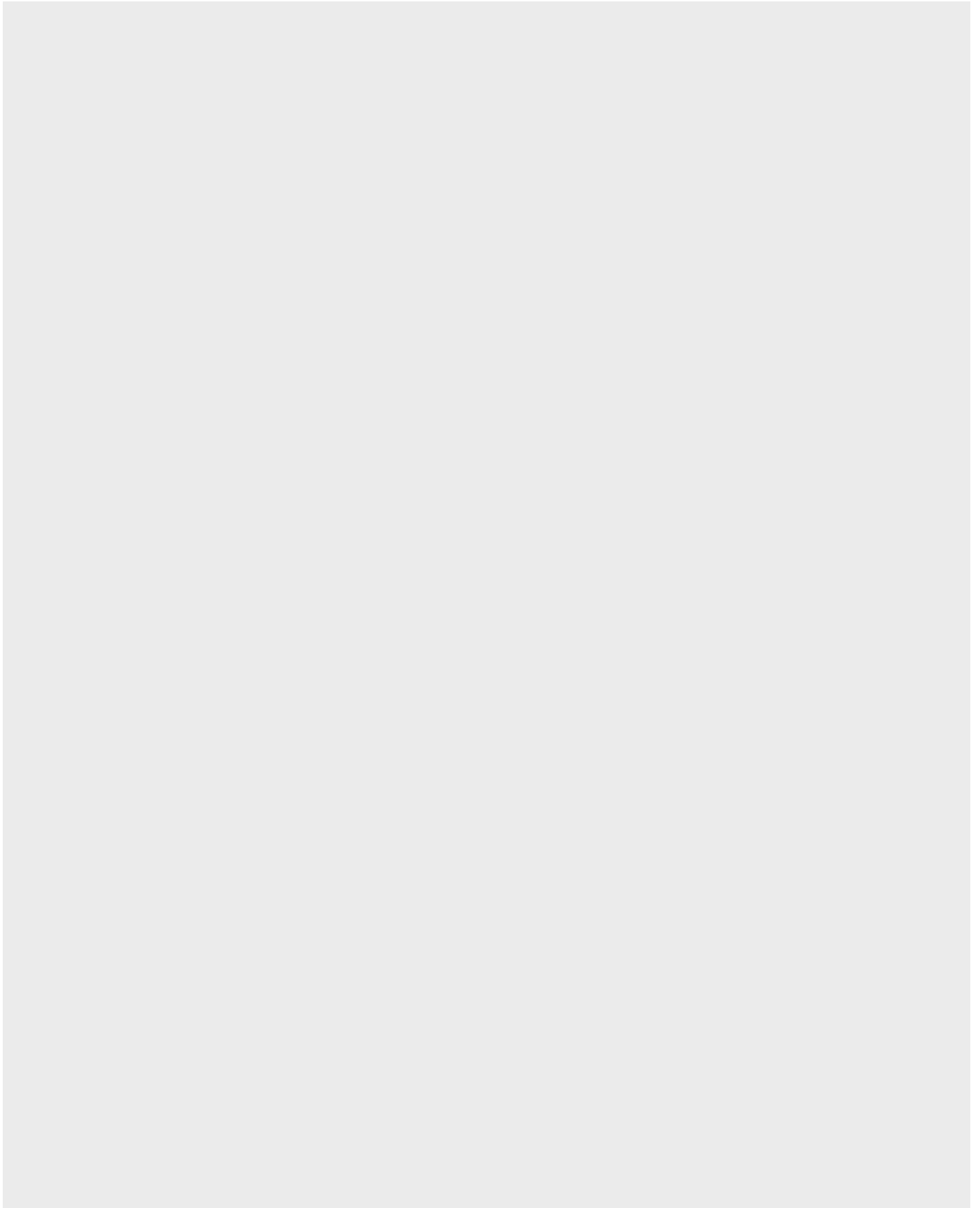
ACTIVITIES I LOVE DOING AT HOME

ACTIVITIES I LOVE DOING OUTSIDE

ACTIVITIES I LOVE DOING WITH OTHERS

ACTIVITIES I AM EXCITED TO TRY

VISION BOARD



BUCKET List

[illegible][illegible]

TO-DO List

☐

☐

☐

☐

☐

☐

☐

☐

☐

☐

☐

☐

☐

☐

☐

☐

☐

☐

☐

☐

Important Notes

Date:[illegible]

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Notes